

Facets



JUNE 2010

AMES C. ART BRINGS MURAL TO LIFE IN CAMPUSTOWN

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.....
Amy Clark RD, LD



WELCOME TO Facets

Fac-et - n.

1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FACETS IS A PUBLICATION OF THE TRIBUNE
(515) 232-2160 | 317 5th Street | Ames, IA 50010

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By Ronnie Miller/Facets

Deanna Galus, board member of Ames Collaborative Art; Crystal Tice, secretary of Ames Collaborative Art; and Kristin Roach, the president of Ames Collaborative Art and mural coordinator, from bottom to top, scrape loose paint and blemishes on the north wall of T Galaxy in Campustown in Ames on May 1. Volunteers helped clear the wall before the mural could be painted.

Debra Atkinson, MS, CSCS, graduated from Iowa State where she's also taught in the department of kinesiology for 12 years. She has been a fitness professional — writing, speaking and practicing for 25 years. She runs, bikes, swims and plays golf in Ames with her son and Old English Sheepdog.

Peggy Best is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and lives in Ames. She has one son, one stepdaughter and two grandsons.

Clare Bills is a writer, speaker and artist living in Ames. She has a master's in journalism and is also a graduate of the Institute for Children's Literature. After working in public relations and news radio for many years, she now writes for magazines and online websites, as well as adding decorative touches to homes and businesses in Central Iowa.

Jenn Boccella is a senior at Iowa State University, majoring in communication studies/journalism. She is involved with the campus ministry The Salt Company and enjoys quality time with family and friends.

Deborah Bunka is a freelance writer, graphic designer and jewelry maker. Her interests include politics, literature and geology. A Canada native, she moved to Ames 12 years ago where she lives with her husband and two children.

Amy Clark received a bachelor's degree from Iowa State University in 2003, with an emphasis in dietetics. Her memberships include the American Dietetic Association and Iowa Dietetic Association. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being. She encourages people to focus on making healthy lifestyle changes one step at a time.

Kathy L. P. Cook, M.D., is a board certified dermatologist. She works at Skin Solutions Dermatology in Ames.

Joshua Duchene is a licensed cosmetologist who works at a salon in Ames.

Rose E. Morgart Elsbecker is an educator, freelance writer and musician who lives in Marshalltown. She received her bachelor's in education from University of Northern Iowa in 1975. She mentors high school students in the TAG program at the local high school. She also conducts creative writing workshops with elementary students in the area.

Karen Petersen graduated from Iowa State University in family resource management. She is a Certified Financial Planner, has three grandchildren and can be found kayaking on Ada Hayden Lake.



Contributors

Jason Shaw, left, and Ian Ringgenberg, both of Ames, scrape loose paint from the side of the T Galaxy building in Campustown in Ames in May. Volunteers will help paint a mural on the side of the building.

By Ronnie Miller/Facets



AMES C.ART PAINTS CAMPUSTOWN

By MOLLY CLARK

A new work of art is now brightening campustown in Ames. Ames Collaborative Art, a local nonprofit organization, has been working hard painting a mural on the side of the T-Galaxy building on Welch Avenue.

"We aren't doing this for ourselves," says Crystal Tice, member of Ames C.Art. "The Mural Project is for the community. I hope that everyone who works on the project feels the same way I do; that it is a lasting piece of work to take pride in."

Ames C.Art is a fairly new addition to Ames. The group started casually when creative director and president of Ames C.Art, Kristin Roach, started a small sewing group after moving to Ames. Soon, she and the other women in the group decided they wanted to branch out and work on other projects, and that led to the formation of Ames C.Art. The group holds frequent work-

shops that give everyone at all experience levels the opportunity to express themselves creatively through different arts and crafts projects.

The group took things even further this past fall, when it decided to start the Mural Project. Members had been interested in doing some sort of community art project, and had the idea to paint a mural somewhere in Ames. The Campustown Student Organization suggested the location on the side of T-Galaxy, because their group had considered doing a mural in that location before.

A call for design submissions was put out in September 2009. After receiving all the submissions at the beginning of March, Roach and her design team sifted through the entries to look for common themes before uniting them to create a final design.

"One theme that came up in a lot of the

designs was the CyRide buses," says Melissa Tedone, public relations representative for the Mural Project and member of Ames C.Art. "I think that people really see that as an important part of Ames."

The Mural Project is completely volunteer-driven, from the organizers to the people helping paint. Various local businesses have been donating supplies and supporting the project. In addition, Diamond Vogel Paint donated 11 gallons of paint for the project and Sherwin Williams donated \$100 in supplies. The project has also received a Keep Iowa Beautiful Grant, which is helping to fund it.

"We really want to emphasize that anyone can help us with the painting. People shouldn't feel intimidated," Tedone says. "This is a community project. Kristin and a few other artists are going to sketch the

Mural please see page 5

Mural continued from page 4

outline, and then we are going to do the actual mural paint-by-numbers style."

The final design was approved by the design team, the owner of the building, and the City of Ames on April 16. The group spread the word about the project by handing out paper airplane fliers during the Veishea parade asking for volunteers to help paint. Volunteers began prepping and cleaning the wall and sketching the outline of the design near the end of April. From May 1 to 15, the actual painting of the mural takes place.

"I want my son to be able to look at this mural 10 years from now and say he had a part in it," Tice says. "Ames C.Art wants community members to smile and take pride in the piece and the area."

There will be a dedication ceremony, including food, live music and storytelling, to officially celebrate the new mural June 12 in the Post Office building at the corner of Chamberlain Street and Welch Avenue. This ceremony will also include a display featuring all the design submissions received and incorporated into the mural.

Tedone says Ames C.Art would like to continue doing community art projects like

this every year. They hope participation will keep growing once the word gets out. The goal is for people of all ages from all walks of life in Ames to come together to make improvements to the community through art.

"We would like to continue doing murals, and maybe public sculptures," Tedone says. "We learned so much this time around, so it should go much smoother next time."

To find out more about upcoming Ames C.Art events and how to get more involved with workshops or future community art projects, visit their website at www.amescart.org.

The ripple effect

By DEBRA ATKINSON, MS, CSCS

The gatekeeper in the family influences an estimated 73 percent of the food choices of others in the household. For many homes, that is a woman. When 11 area women were selected to participate in the Go Red for Women's Heart Healthy Challenge, sponsored by the American Heart Association, they each believed they'd won. Little did they know that at the end of the challenge, one winner is selected who has made the greatest changes in her lifestyle and heart health along the course of the 10 weeks. They commit to themselves and to the agencies that support them: Iowa Heart Center, Mary Greeley Medical Center dietitian, and Ames Racquet & Fitness Center personal fitness testing and program development. At the end of the program, the

winning team numbers far greater than 11.

Whether you missed the Go Red for Women luncheon on May 7 or were able to attend, some behind-the-scenes information follows that will inspire you to undertake your own challenge. None of these women was new to exercise. Though they'd started and stopped, like the many diets they might have tried over the years, they each simply knew due to family history, creeping numbers on a scale or more serious numbers in annual blood work, and increasing medications in the cabinet, it was time to seek more backup.

Lori Miner already exercised regularly. She was aware of nutrition choices; yet, her commitment to a 10-week program dedicated to even more vigilance has made a

change not only in her heart health, but in her teenage daughter's choices. Support from her family, who wanted her to "win," meant they too ate healthier. Keeping realistic expectations foremost in her mind, annual family vacations revolve around the Black Hills and hiking. They are a family on the move, promoting a lifetime of activity, and now even more aware of the importance of food choices promoting their enjoyment of it.

Teresa Simpson, like several of the Challenge participants, wanted to lose some weight coming into the program. Pre-assessment for her exercise prescription focused on what had been years ago. Turning her focus forward during the program, talk changed from weight and inches to "I'm running, can you believe it?" She waved staff over to share good news with beaming eyes and bright smiles whenever she was doing her workout. Their recent outings on the golf course, well, they're going to walk, of course, she told her husband. "My husband and I are always running to the store to get more fruits and vegetables. That just wasn't us," Simpson shared at her final fitness assessment.

One participant gained weight during the program. She also improved her body composition. This is evidence that the gains she made were in lean muscle tissue. It's a feat to be recognized and be acknowledged by boomers and beyond. Mary Fitz is 79 years old. She's slight and had not been exercising formally prior to the program. With 10 weeks of programming, she's improved her strength, her endurance and her heart health by increasing her walking intensity and doing a weightlifting program with



Contributed photo

From left, front row: Margaret Epplin, Judi Blum, Mary Fitz and Marcia Steed. From left, back row: Lori Miner, Jean Saveriaid, Mary Halstrum, Teresa Simpson, Jane Nading and Kathy Laczniak.

Ripple effect please see page 7

Ripple effect continued from page 6

twice-a-week visits to the machine weights and treadmill. What was a "10" on a 1-10 scale where "10" is exhaustion at the end, was a "2" at the end, and she was slightly embarrassed at just how easy repeating the same pre-test for her assessment was in the final week.

Jean Saveraid is a teacher. The end of the school year is approaching. The one day during her 10-week challenge she missed exercise was the day she dedicated to take "her kids" to the science Olympiads in Cedar Rapids. She remembers the day, but wouldn't have it any other way. "I love my kids," she said, referring to her students. No doubt those kids, already privileged to be in the classroom of a passionate teacher, also feel the increased energy and positive impact of fitness on their leader.

It is never too late to begin. Never underestimate the impact your own fitness and health habits have on those around you: your children, your spouses and your siblings from far away who are keeping up with you by e-mail. You're influencing them all. The

couples you play golf with may also begin to walk with you. It's my bet that if Teresa Simpson has something to say about it, that's what will happen. When it isn't as easy as it appears for her, she'll be the one encouraging you to do something about it.

Others in the program all have their own unique stories. They've learned to make available to their families good choices for times when meals together can't be shared. Kathy Lazniak finds carrots disappearing just as quickly as more processed items as long as they're easily accessible. Many of the Challenge participants reported how important family support was to them along the way. Families willing to wait just a little bit later for meals, willing to have chicken or fish "again" and learning it wasn't so bad made a difference. There was a family of support from agencies to answer questions on nutrition and exercise. The "someone" who was going to ask how it was going and what changes you'd made had an impact.

Jane Nading has had to shift her 10-week program as she suffered fractured ribs from a fall and had to discontinue. Nading

suffered fractured ribs from a fall and had to discontinue. Still in the healing process, she's had to realize that her 10 weeks will just have a slightly different beginning. Life has interruptions. It's knowing that she has support there waiting and someone to help her get started again on a sensible program that will help her not throw in the towel, but focus forward on what's next. In spite of not being able to exercise, her vigilance toward dietary changes alone have allowed her to lose weight and improve body composition as well. In her seventh decade, that's impressive. Coupling that with exercise, she'll indeed be on her way to shaping up for that class reunion in September. Who knows who will be inspired by her there?

The beginning and end to a program often helps us get started. We respond well to a program with a goal and an end in sight, even if just for the slight pressure to succeed and reach a goal. The reality of this challenge goes far beyond the 10 weeks. Entertaining recent company at home, Kathy Lacznia responded to a question about when the challenge was over with, "Oh, it's only just begun."

You can't pick your family

By PEGGY BEST

You've heard the old saying, "You can pick your friends and you can pick your nose, but you can't pick your family." I really lucked out, because I have a pretty good family. My mom was the absolute best. She's been gone two years now, and I miss her every day. Most days I will think of her and it brings a smile to my face, but I still have a few of those times when I bawl like a baby. This usually happens when I'm home by myself and I start thinking too much. You know, those times when you start feeling sorry for yourself and before you know it you are crying up a storm. Then you rush to the bathroom mirror to see just how pathetic you look, which makes you cry even harder. I don't know if men ever do this; it's probably a female thing.

I miss my dad too, but in a different way. I didn't have a very close relationship with him. He was far from the huggy/feely type. When I think of him I think about missed opportunities. I wish I would have not been so afraid of him and just crawled up on his lap when I was a little girl and been stubborn enough to sit there until he decided that was OK. I do believe he loved us to the best of his ability. He was injured and almost died during World War II in Germany, and I think that had a lot to do with his demeanor later in life. A co-worker, who is also a history buff, studied the information I had about the battle my dad

It had never occurred to me until that moment that there was so much more about him I never knew.

fought in. He said, "You know, your dad was a hero!" It had never occurred to me until that moment that there was so much more about him I never knew. I look forward to seeing him again in heaven, when I can give him that big hug and tell him how much I love him.

My sister and I live in the same town but spend very little time together. However, just this past winter we discovered a genuine love for snowshoeing and started spending time together shoeing in the woods, probably the most time we've spent together for — well — maybe ever. Who knew that it would take a big, goofy pair of shoes to bring us together?

My husband is from a huge, Irish family. They are an awesome family and I love being around them. There are so many siblings, nieces, nephews, grandkids and cousins, so

there is never a dull moment. My husband, Bill, is just hilarious, and he makes me laugh a lot. Luckily we share the same sense of humor. It took me a long time to recognize what real love was all about, and I'm so thankful for Bill, and I know I drive him nuts most of the time because I never miss an opportunity to tell him that. A few months ago, he had major surgery for cancer. When he got home from the hospital, I hovered over him trying to make things as comfortable as possible, never giving him two minutes of rest. The poor guy would fall asleep right before I'd come roaring into the room, "HONEY DO YOU NEED ANYTHING?" I think I nearly gave him a heart attack in the hospital when he woke up and I'd be 2 inches from his face, staring at him just to make sure he was breathing OK.

And, of course, we adore our kids and our grandkids. Who else but a parent would spend \$27 to ship 12 ears of Iowa sweet corn overnight so their child could enjoy it the next day, or pay \$17 to ship a huge box that holds a \$3 foam sword that their grandson wanted so badly.

Try to live every day being thankful for the family you have. There is no such thing as a perfect family. We all have hurts, past and current, and focusing on them will negatively affect our happiness. Forgive, forget, and look for the blessings and joy each day with your family brings.

Growing up with a large family

By ROSE ELSBECKER

Have you ever read the book, "Cheaper by the Dozen," or the sequel, "Belles on Their Toes"? Or, have you seen the wacky movie starring Steve Martin and the rest of the gang with a family of 12? Many of you may remember that movie. Well, our family of 10 didn't quite match up with their 12, nor was it as zany as the antics of the large family portrayed in the movie, but it did get rather crazy at times.

That big, old, beautiful three-story house built of oak, surrounded by elms and a large yard with lots of flowers, sunny windows opened to let the spring breezes waft through, French doors, the grand staircase, built-in bookcases and buffet, the bay window encased with lacy curtains, the formal dining room, the chandeliers — oh, the stories those walls could tell, and the secrets they held. That old house had to be strong to hold up all those years, but it did its job well. It's still standing, albeit with a few repairs and a little remodeling. The lofty elms might not have weathered all the storms, but the house still stands strong in my hometown, and my family continues to hold on through the storms of life, scattered coast to coast now, but together in spirit, with our ever special grandma, and others who moved on early in their life's journey, watching over as our guardian angels.

Growing up in a big family with five brothers and two sisters can be eventful, to say the least. There's always something going on. With 10 people rattling around the place, eight kids roaming the floors from top to bottom, running in and out, relatives

spending the night or many nights at times, and people coming and going at all hours of the day and night can be adventuresome. My favorite times were the quiet times, sitting by the window, reading a book, breezes blowing, birds singing, lying out under a tree, watching the clouds float across the sky, delighting at the new spring flowers popping up, being surprised by a rainbow after a shower. There was always a lot of good food and the smell of something delicious baking in the oven. It was our job to help keep the cookie jar full, a feat in itself, as they tended to disappear pretty quickly. "Who stole the cookie from the cookie jar? Who, me? No, not me! Then who?"

Then there were the many family dinners celebrating birthdays, holidays, or just a get-together, with the lace cloth spread over the huge dining table, made bigger with added leaves, the silver we had polished the night before, the homemade jams and jellies along with all kinds of homemade goodness, including mashed potatoes or, in the summer, potato salad. And don't forget the desserts. So many favorites: pies, cakes, cobblers, cookies, puddings or fresh-picked berries with real cream. At birthdays, the center piece of cake was the most sought-after prize by the cousins. Next to that was the corner piece, for those who craved lots of frosting.

During Christmas or summer break, we made our own fun. You had to be resourceful, as there wasn't such a thing at that time as saving toward a family vacation. I really don't remember feeling we were missing out,

though. We had a place surrounded by a lot of trees to help cool things off in the summer. There was always something to do, or time to just take a timeout, lie back, be lazy and dream a bit. At night, we loved to watch the stars come out.

If it wasn't a blizzard or sub-zero weather outside, we made snow angels, built snow forts, and played fox and geese or king on the mountain. Homemade hot chocolate was a real treat on a cold, snowy evening. We read lots of books and played lots of board games. We had our own card tournaments. We played pick-up-sticks and marbles and listened to music. Come holiday time, we made up skits prior to opening gifts on Christmas Eve, and had our own music concerts. Before that, we kept busy with baking, making presents ourselves and finding places to hide them. How Mom ever kept those presents hidden from my brothers' curious eyes is a mystery. She always signed one present from Mrs. Claus, and wrote little jingles as clues, making it a scavenger hunt to find that one special present.

It was everybody's job to pitch in and help keep the place running. Everyone had

Growing up please see page 18



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SOMETHING to look forward to

BY JOSHUA DUCHENE

Q: Why do I see the same products that my salon carries at chain stores? Aren't professional products only to be sold in salons?

A: This is called diversion, and it has become huge in the salon/hair industry. These diverted professional products come from many places. When a salon goes out of business, it sometimes sells its stock, and of course these chain stores will buy the products because they are professional products. When you buy a professional product from a chain store, it is not a guaranteed product, whereas when you buy the product from the salon, it is guaranteed. When you don't like a product, you can return the product to the salon; however, if you buy the diverted product from the chain, it may be old and not work as well, and it is not guaranteed.

Q: What is the best way to approach my hair stylist if I am not happy

with the service I received?

A: First of all, all stylists have days when they are not able to perform exactly what their customers have asked for. It may just be a bad day or they may just not understand exactly what their customers are going for. When you are not happy with a service you have received, it is imperative that you let your stylist know before you leave the salon. This way you are able to establish what you do not like, and you and your stylist can determine what needs to be done next. More than likely, your stylist will offer to correct the problem at the time of your service or schedule another time for you to come in for the correction. On the other hand, if you are constantly unhappy with the services provided, it may be time to switch stylists. Every stylist has his or her niche, whether it is short hair, long hair or color. When you are constantly unhappy with the way your stylist is doing your hair, just ask friends if they can recommend someone who may be better with your type of hair, or even ask the receptionist when you go to pay for your service.

Joshua Duchene is a licensed cosmetologist who works at a salon in Ames. Do you have a question about hair or makeup? E-mail him at thesalon2008@yahoo.com.

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Top five reasons to eat at home

By AMY CLARK, RD, LD

Family relationships

When you cook at home, wonderful things happen to your family. Friendly conversations nurture relationships. You can exchange ideas, find out what's important in each others' lives and check how everyone is feeling. Turn off the television and concentrate on the family dynamics. Strengthen the family ties. Pass on family traditions. Promote responsibility by having the kids help with setting the table, doing the dishes, even helping with the cooking.

Children's future success

Did you know that studies show teens who eat frequent family meals at home are at decreased risk for unhealthy weight control practices and substance abuse? These kids tend to do better in school as well. One national poll of high school seniors showed higher scholastic scores among students who frequently shared meals with their families. Another survey of high-achieving teens showed that those who regularly eat meals with their families tend to be happier with their present lives and their prospects for the future.

Food quality and nutritional value

When you cook and serve meals at home, you have more control over the quality and quantity of your family's food choices. You get to plan balanced meals that are nutritious and delicious. Remember that

kids tend to mimic their parents' habits and attitudes about foods. Try to set a good example. Eat and serve sensible portion sizes. Be open to trying new foods and new ways of cooking foods.

Studies show that family meals are associated with higher intake of fruits, vegetables and dairy products. Other studies show that eating family dinners together most or all

days of the week is associated with eating more healthfully. Make it a goal to try a new fruit or vegetable every week.

Budget

With the rising costs of fuel and food, you really can save some money by eating at home. Just think what it costs to take a family of four out to dinner. Watch the newspaper each week for specials, and shop the ads. Buy in bulk when feasible. Buy produce that is in season.

Time

You can keep meals simple, yet nutritious and interesting. It's easy to have sauces or marinades at home to add to sautéed beef, pork or chicken. Frozen vegetables are great to serve as is, or added to a casserole, stew or soup.

Try cooking on the weekends and freezing dinner-sized portions. Double your favorite recipe and have some for the next time you're too tired to cook. Remember that you can purchase ready-to-eat roasted chicken, add a side salad and veggie and your dinner is ready in minutes.

There are many more reasons to eat at home, but these are pretty convincing arguments. Try this quick and simple dinner the next time you're choosing between a meal at home or at the drive-thru.



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Chicken Alfredo pizza meal

Serves: 8

Ingredients

- 1 (10 oz) Boboli thin 100-percent whole-wheat pizza crust
- 3/4 cup light Alfredo sauce
- 1 cup diced, boxed grilled chicken slices
- 1/3 cup frozen chopped spinach, thawed, drained
- 1 cup finely shredded part-skim mozzarella cheese
- 1 Roma tomato, thinly sliced
- red grapes

Instructions: Remove pizza crust from package and place on a round pizza pan. Spread Alfredo sauce on crust, to within 1 inch of edge of crust. Over Alfredo sauce, layer chicken, spinach, cheese and tomato. Bake at 425° for 10 to 12 minutes. Enjoy red grapes as a side dish.

Nutrition information per serving: 200 calories, 20g carbohydrate, 25mg cholesterol, 1g fiber, 7g fat, 13g protein, 80mg sodium

Daily nutritional values: 15 percent vitamin A.

Source: Hy-Vee Dietitians

juneCALENDAR

TUESDAY, JUNE 1

Kid's Story Time — "Tarantula Tea Time" begins at 10 a.m. Hear stories about spiders. Bring the kids to Reiman Gardens and enjoy a creative morning. With story time and crafts inspired by the featured children's books, kids are sure to have a good time. Free for CoHorts' members. Price of admission for the general public. Registration is highly encouraged and required for groups larger than 10. Call (515) 294-2710.

THURSDAY, JUNE 3

Tune In to Main Street — Featuring Green Oaks band, from 5:30 to 7:30 p.m., Tom Evans Plaza, in Ames. Admission is free. This event takes place every Thursday night through July 29.

Ames Municipal Band

— Heartland Senior Services Band plays at 8 p.m. at Durham Bandshell, in Ames. Admission is free.

FRIDAY, JUNE 4

Ames on the Halfshell: Burnin' Sensations — Outdoor concert from 5 to 8 p.m., Bandshell Park, in Ames. Admission is \$3 to \$6 for adults and children 10 and under are free. This

event takes place every Friday night through July 30.

Wheatsfield Co-op: First Friday Wine and Cheese Tasting

— Wheatsfield Co-op will have a wine and cheese tasting the first Friday of each month from 4 to 7 p.m. at Wheatsfield Co-op, in Ames.

THURSDAY, JUNE 10

Brown Bag Lecture — "Possums Under the Porch" presented by James Pease, ISU professor emeritus of wildlife and ecology, begins at noon. Bring your lunch to Reiman Gardens and enjoy an educational program every month. Free for CoHorts' members and ISU students. Price of admission for the general public.

SATURDAY, JUNE 12

Mary Halstrum — Tribune Facets and Arts & Entertainment editor will be the guest speaker at the Des Moines Public Library's central location at 1000 Grand Ave., in Des Moines. Begins at 1 p.m. in Meeting Room One. Admission is free.

SATURDAY, JUNE 19

Rose Festival — Runs from 9 a.m. to 4 p.m. at Reiman Gardens.

Iowa Rose Society Annual Rose Show — Runs from 1 to 4 p.m. at Reiman Gardens.

SUNDAY, JUNE 20

Father's Day — All fathers admitted free to Reiman Gardens from 9 a.m. to 4:30 p.m.

TUESDAY, JUNE 22

Behind the Scenes — "Rose Gardens." Attend a new presentation each month to learn more about Reiman Gardens and its many plants and butterflies. This presentation begins at 10 a.m. Free for CoHorts' members, volunteers and ISU students, \$10 for the general public.

FRIDAY, JUNE 25

"Robin Hood" — Presented by Story County Theater tonight at 7, and June 26 and 27 at 2 p.m. Admission is \$8 for adults and \$5 for children/students.

ONGOING

The Science Center of Iowa & Blank IMAX Dome Theater, traveling exhibition **"RACE: Are We So Different?"** through Sept. 6, 401 W. Martin Luther King Jr. Parkway, Des Moines, call (515) 274-6868.

Family Ties —

Staying connected through technology

By JENN BOCCELLA

BEEP BEEP BEEP. She picks up her cell phone, reading the tiny screen, "One missed call: Momma." Her eyes light up with excitement and a smile the size of Texas breaks out across her face. College finals are right around the corner, so she has been devoting most of her time to studying; however, the idea of touching base with mom is a welcome study break. She hits speed dial number one when class is over and waits to hear the familiar voice on the other end of the line.

When the baby bird leaves the nest and heads for college, family dynamics change. Most kids find themselves going days, maybe even weeks, without ever talking to mom or dad, brother or sister. What was once perhaps a burden or an irritation back home, is now a source of nostalgia and longing: The annoying "20 questions" mom

always plays after every date; the stern reminder of curfew from a father; the [loving] punch from a big brother; or the frustrating tag-along little sister. Once the excitement and newness of college begins to fade, students find themselves wishing for a home-cooked meal or clean laundry hanging in their closets. How can a college student stay connected to family?

In this generation, if the "want to" is there, staying connected to family is made incredibly easy with technology. Things like text messaging, Facebook, Skype and Gmail Chat all provide an easy and quick means of staying in touch. There is a growing population of people older than 50 who are learning to use technology available to them, primarily for the sake of staying connected with family members. Moms are learning that "writing

on someone's wall" is OK and a great way to communicate. Baby boomer fathers with children in college are becoming pretty quick with the thumbs as they learn the vernacular of text messaging. Being able to "see" their college-age grandchildren on a computer screen overjoys grandmothers. After a hard day at school, sometimes all it takes is seeing mom's face to make things better, and programs like Gmail and Skype provide comfort through video chat. With the click of a button, the baby bird feels the safety of the nest as familiar faces fill the computer screen and recognizable voices fill the room. Some people say technology is too impersonal, but to a college student miles from home, "I love you" means the same thing, whether sent through a text message, e-mail, or a good old snail-mail letter.



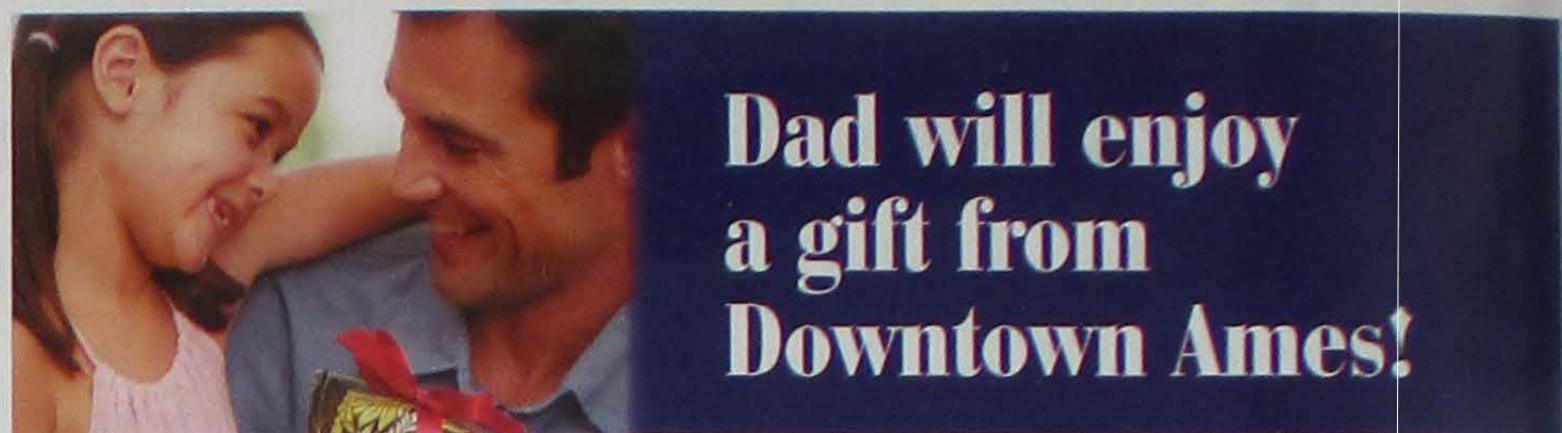
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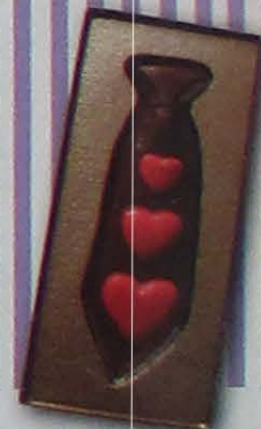
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FOODbites

Making the (almost) perfect burger

By DEBORAH BUNKA

An article I recently read stated that burgers are the most common type of food grilled by Americans each summer. There were no studies cited to back up this claim, so I don't know if it can be verified as fact. However, I am willing to bet good money that many of those burgers served to family and friends at special gatherings, picnics and backyard barbecues were the equivalent of culinary "Muzak." They were eaten because they were there, not because they deserved to be savored.

Let's start with the sad fact of the matter: everyone thinks he or she can make a great burger. After all, how much skill does it take to throw a patty on the grill and put it on a bun with a squirt of ketchup? The truth is that burgers are fairly easy to make, but to make them taste great requires some know-how, a little patience and a watchful eye.

Every delicious burger starts with great meat. I used ground chuck in the recipe below because it's a good, quality meat that can often be found at reasonable prices. It is also somewhat coarsely ground, which makes for a more stable patty. At 85 percent lean, there is enough fat to make a flavorful burger that won't be dry, and not enough fat to result in significant patty shrinkage during the grilling.

The ingredients that go into your patty may vary, but do be sure to finely chop any veggies you put into the mix. Big, chunky ingredients often result in patties that fall apart on the grill. Also, note that the addition of oatmeal to the mix is optional. While it is often included in meat recipes as a volume enhancer, here it is used as a patty stabilizer. Whatever you decide to include, the one cardinal rule to obey is do not over-mix. Too much handling and you'll be eating hockey pucks. Gently combine all ingredients and

leave it alone. Also, resist the urge to make giant patties. This will only lead to burgers cooked on the outside and raw on the inside. An inch thick is optimal.

Grilling burgers starts with a very hot grill, high on most propane grills and white hot if using charcoals. Some people spray the grill before with nonstick cooking spray, and that is fine, but if you don't use that you must keep a watchful eye for the "moment of release." During cooking, the grease from the patty will create a nonstick surface on the bottom side. The heat from the grate chars the meat, separating it from the grill. This is the "moment of release," the best time to open the lid and flip the burgers. If you can, put them on an unused portion of the grill. The process of flip and release should be repeated a couple of times for a thoroughly cooked burger. Altogether, the patties should take about 6 minutes on each side. If you are making cheeseburgers, turn off your grill, add a slice to the top of the patty, close the lid and let it sit for no more than a minute.



Bruce's best burgers

Yield: four 1-inch thick patties

Ingredients

1 lb 85-percent lean ground chuck
1 small onion, finely chopped
1 Tbsp uncooked oatmeal (optional)

1 large egg, beaten lightly
2 Tbsp soy sauce
1 tsp fresh ground black pepper

Instructions

Gently combine all ingredients. Form into four 1-inch thick patties. Cook on one side for 3 minutes, flip and cook for 3 minutes. Repeat. Let the burgers sit for a minute before serving.

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girlfriend's **GUIDE** to... **FINANCIAL** independence

Focus on the family money

By KAREN PETERSEN

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Brooke & Andy McHose



My degree from Iowa State University and my professional practice is focused on families. Family Resource Management is about all the resources available to a family and how well they use them to create a good life for themselves and their community.

For many years I have been conducting unofficial research about how families manage their resources. My main area of interest is how to effectively guide children to become fiscally responsible adults. With that question comes another: Who is responsible? Many would say the parents, some would say the schools, and quite recently I have been hearing that the business community should become involved by funding financial literacy education.

My vote goes to the family

I love hearing about and observing the unique ways families teach financial responsibility by how they live their lives. Here is one of my favorite examples.

Jennifer Plagman-Galvin was given the Shining Star award at the Ames-ISU YWCA's Women of Achievement event. This award recognizes a woman who goes beyond her job description to provide leadership, serve or empower women and girls, or eliminate racism in the workplace.

Plagman-Galvin has an impressive résumé of volunteer work.

I was even more impressed as I watched Plagman-Galvin's family, as her husband and two young daughters were there to celebrate her recognition. As Plagman-Galvin was receiving her award, 7-year-old Annie was sitting cross-legged on her chair, clapping by pounding her hands on her knees as she cheered exuberantly for her mom.

I asked Plagman-Galvin how she and her husband, Jeremy, incorporate financial lessons into their family life. Plagman-Galvin says, "As a family we try to teach our children that there are financial responsibilities that we each have. We have the responsibility to save our money, give back to the community and prioritize what we want/need."

Birthday money can be spent on something they want, but only after a portion has been deposited into their savings account



or piggy bank.

Annie and Lillie are learning the importance of charitable giving at a young age. Plagman-Galvin says, "Both children give money on Sundays to church. They put their funds in an envelope with their name on it. The church provides a summary of the amounts they have donated. It makes them proud to see that giving a small portion of money each week can add up. We then have conversations about the money that they donate and the difference it makes in the lives of others less fortunate."

Learning from the students

One of my favorite ways to learn real-life ways of teaching good money habits is to talk with students. Recently I had a chance to interact with Paula Curran's ISU College of Design class. I asked the students for examples of how their families influenced good financial habits.

One student from a family of six told me, "When we reached the age of 10, we were expected to work to earn our spending money." I asked what happened if one of her siblings didn't want to work. She looked at me as though I really didn't understand and replied, "If we wanted spending money, we worked."

Ten must be a good time to learn about work and money. Another young woman said that at the age of 10 she was expected to begin earning money by babysitting, "I was required to save all the money I made babysitting. I saved my money and my parents provided my activities and spending

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Girlfriend's Guide please see page 16

Girlfriend's Guide continued from page 15

money."

Another approach, one that focused on spending rather than earning, was the controlled allowance. Here is the student's explanation, "I was given an allowance of \$10 weekly ... but there were strings attached. I had to save \$4; \$2 for long-term savings and

\$2 for a large, future purchase, and the other \$6 was my spending money."

Many children live by the example their families teach; you can help define your children's financial habits by your actions:

- Give generously
- Prioritize how you spend
- Save a portion of your money for the future

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PROFESSIONAL STENCILING TIPS AND SECRETS

By CLARE BILLS

Of all the decorative art techniques, stenciling is the most versatile. Glazing is great and troweling is terrific, but stenciling delivers drama at all skill levels. You can stencil a simple, one-layer flower on a bedpost or use multi-part stencils to add a mural to an entire wall. Here are a few other things to transform:

- Create a faux chair rail with a shadow for added depth.
- Mimic the look of wallpaper.
- Fashion a faux backsplash with customized "tiles."

- Ring around a ceiling fixture for interest and character.
- Dress up cupboards, dressers, tables, book cases and file cabinets.
- Add whimsy to outdoor pots, pails, wheelbarrows or furniture.
- Stencil your front door, inside or out.
- Paint pansies on your kitchen chairs.
- Play with plaster to create embossed, or raised, stencils on walls or furniture.
- Design a vinyl floor cloth with stencils of varying patterns.

Easy steps for success

Purchase the correct brushes and paints at art stores or online stencil supply sites. Choose quality brushes with stiff bristles and flat ends, and acrylic, water-based craft paints. Select stencils in proportion to the

item you're painting. If you're going for a wallpaper look on an entire wall, use a large production stencil.

Line up your other supplies. You'll need paper or plastic plates, heavy paper towels folded into quarters, stencil adhesive, masking tape, pencils and brush cleaner. If you are using a stencil over and over, lay out some unprinted newsprint on a table or floor to help clean both sides of the stencil occasionally.

Get off to a great start. Spray adhesive on the back of your stencil and place it on the wall or furniture you're enhancing. Use masking tape if you need to mark overlays for a large stencil with a repeating pattern. Squirt a bit of paint onto a paper or plastic plate. Hold your brush vertically and dip the

Stenciling please see page 17

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By Clare Bills/Special to Facets
Stencil with gold and copper leafing.

tip into the paint. Swirl the paint around on a dry spot on your plate to evenly load the brush. Next "off load" most of the paint onto the folded paper towel by moving the brush in small circles until the brush is almost dry. Yes, it seems like you're wasting paint, but this is the best way to avoid bleeds. Move your brush into the open places of your stencil and work in small circles.

If you're using more than one color, blending them while they're wet will give a soft finish. If you want the colors to remain separate, allow one color to dry before introducing the next.

Professional secrets for success

Add a bit of clear liquid glaze if you want a more transparent look or if you want to blend colors subtly. However, if you want to move quickly from one color to another,

don't add glaze.

Press harder as you move the brush along the edges of the stencil and add very light pressure in the middle of an image. This will create a more three-dimensional look.

Use a watercolor pencil to mark registrations on a wall for a repeated pattern. Then wash off the marks when the design is complete. You can also put painter's masking tape on the wall under the stencil and mark on the tape instead of the wall.

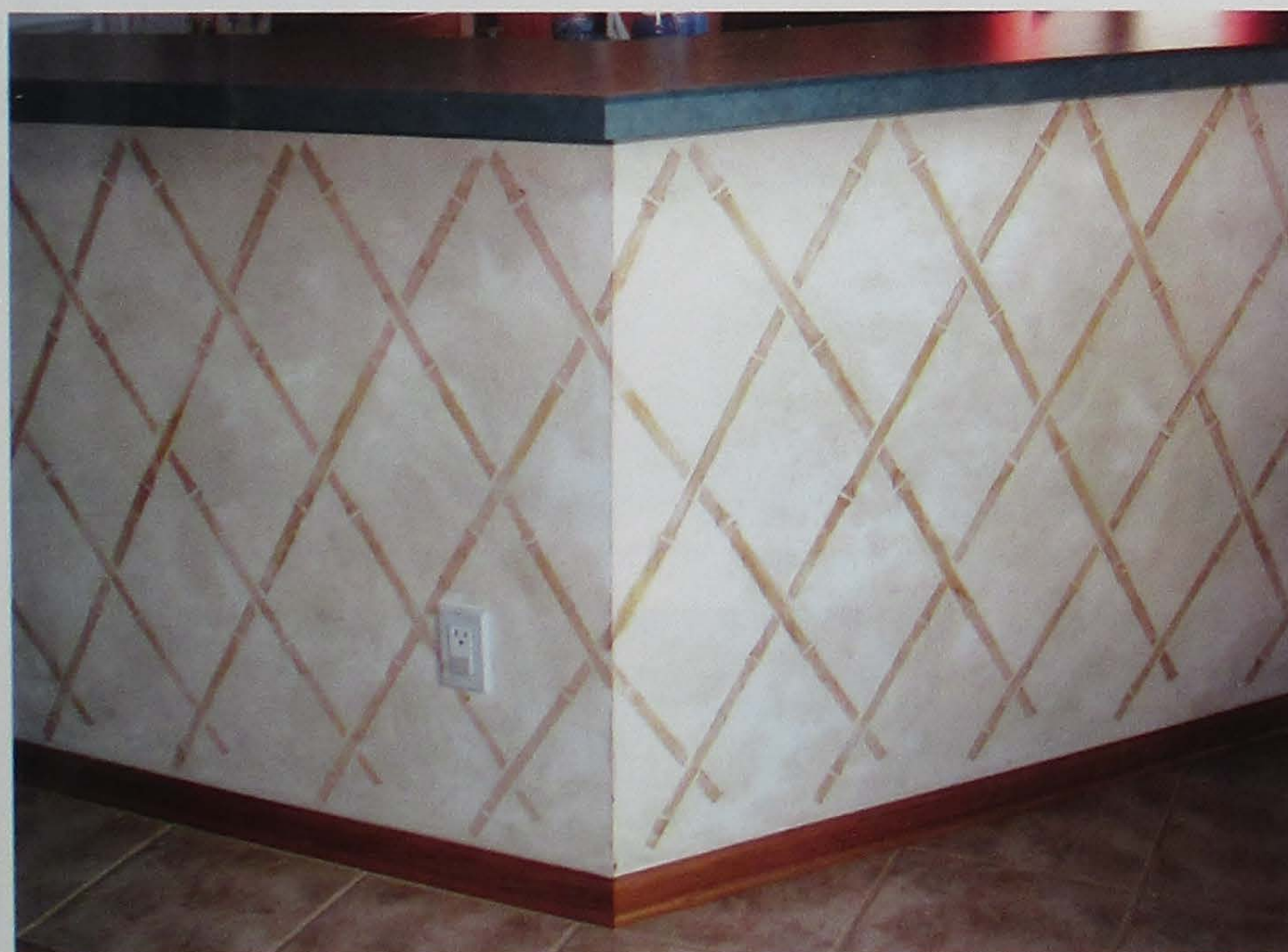
To create a shadow, let the first image dry and then move the stencil down and angle it to the side about ¼ inch. Use a soft gray hue to stencil just the bottom edge.

Stenciling is a great art project for kids and parents to do together. Start on something small to build your confidence and let your creative juices flow. For more ideas, visit www.colorfauxdesigns.com.



Customize a backsplash using a stencil and your choice of colors.

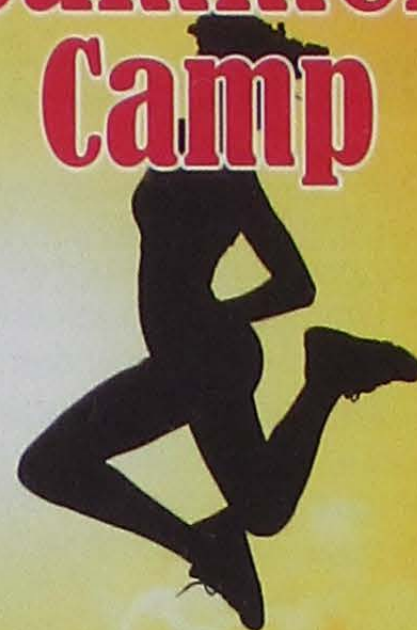
By Clare Bills/Special to Facets



Use a production stencil on large areas.

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Skin diseases:

Know your family history

By KATHY L. COOK, MD

This summer, as you gather for your family reunions and are researching your family tree, also ask about what medical problems your family members may have. This is important information that may help you or your family in the future to help assess your risk factors for different diseases so you can be more proactive in maintaining your health.

My daily focus is on risk for skin diseases. Every day, people tell me about family histories of skin cancers. I hear from a lot of patients who have family histories of melanoma, a deadly form of skin cancer. While melanomas can be multiple in a person, having many melanomas is not as likely. The history of melanoma is important for a person with a family member with melanoma, because their risk for melanoma is increased over the general population. They can then be examined for any evidence of atypical moles and informed of precautions to take. Those at highest risk, such as having many moles, irregular moles, redheads, or those with freckles, for example, can be screened more frequently. More information is becoming available about the increased risks of melanoma.

In the May 2010 *Journal of American*

Academy of Dermatology special melanoma issue, one article looks specifically at the risk of a second melanoma occurring. Not only did they find an increased risk of 32 percent of developing a second melanoma, they found an increased risk of multiple other cancers. Some cancers have shared risk factors, such as melanoma of the eye and basal cell carcinoma, but other cancers such as prostate, soft tissue, salivary gland, and bone and joint do not. There needs to be more research on any genetic or environmental links between these cancers.

Another area of recently evolving links between skin disease and other health problems is in the area of psoriasis. Previously, it was thought there was an increased risk of obesity and heart disease because people with psoriasis did not exercise as much due to the appearance of their skin or discomfort from the skin disease. In 2006, Dr. Joel Gelfand published a paper that established an increased risk of heart disease independent of known risk factors such as smoking and obesity. People less than 60 years old with severe psoriasis are at highest risk. The reason is not known, but psoriasis is a disease of inflammation and heart disease, and development of

plaque buildup is also linked to inflammation. There is evidence that decreasing inflammation with treatments for psoriasis such as Methotrexate or TNF inhibitors may decrease the risk of heart disease. However, this is very early data and not all patients should be treated with these types of medications for many reasons. As a dermatologist, I have the opportunity to educate people on this newly evolving area and help them assess their risks and urge them to see their primary care physicians to treat any problems.

There are many other areas of skin and overall health risks that are linked such as eczema with asthma, and an increase in eczema and allergies is being reported worldwide. The reasons for this increase are not known. As you can see, family history is very important for all types of diseases, and each medical specialty has the need to know a reliable family history. So be specific when gathering this information, and know your own health history. Write down dates and diagnoses and give a list to your doctor rather than relying on memory, so when you are sick and under stress, you will not forget these important details.

Growing up continued from page 7

chores to do, inside and out. Your allowance was earned. As you grew older, you did odd jobs to help earn your own spending money. My brothers couldn't wait to earn enough money for their own cars, and spent hours tinkering with their cars, tuning and polishing them. They were pretty proud of them. My sisters and I did a lot of babysitting to earn money for college, and as one graduated, we passed the kids on down to the next.

When the twins were little, we read lots of stories together. We had always read together and did a lot of reading in our family. We still read to the nieces and nephews, great nieces and nephews, and grandkids today. It's a tradition well worth passing on. There are stories we read then that are still favorites with my little pre-school buddies now. There is something about a good book that spans all time.

There is something unique about growing up in a large family. My grandmas established strong family ties. Family ties were important. Relatives lived closer together at that time, and always helped one another in both good times and bad. There were the everlasting joys and many tears, and of course, plenty of sibling rivalry. At one point in time, my mother was left suddenly alone, a young widow with seven children at home and one starting college. Still, she helped me get my college education, one of the best gifts she could have given me.

Though I miss the joyous family reunions we had every year, along with all the grandparents and aunts and uncles and cousins, the laughter, the warmth and the closeness, and feeling as though you are a part of one another's lives. During tough times there is always somebody there.

I really miss watching my nieces and nephews and their children grow, being a

part of the special/spontaneous moments and sharing the little things. I miss family being nearby, keeping in touch more often and sharing the ups and downs in life. While technology allows us to stay in touch, it's not the same.

I still believe the world was a better place when families stayed near and their lives were more closely interwoven. With distance, and people stressed with running around and taking on more and more things, caught up in their own lives, it seems we have lost some of our simplicity and tranquility. The fabric that holds families together is stretched more and more. While the threads hold, some of the beauty seems to be blurred and stretched out of shape. If only we could find a way to make it important to be together as often as possible once again and to take time out for a simple family celebration. It's the little things that mean the most.

a FACETED woman

Name: Sharon Harmsen

Age: 52

Position: Owner of Chicken Shed Primitives, Huxley.

Family: Husband of 33 years, Leroy; children Jeremy, 23, and wife, Aleah, 23, Emily, 21, and Andy, 18.

What would you do with \$1,000 to spend on yourself? This one is tough. Probably buy plane tickets to Florida to visit my son and daughter-in-law.

1. Your favorite meal: Steak with grilled onions, baked potato, fresh lettuce salad

2. Craziest fashion you ever wore: My 9-year-old niece had a bone marrow transplant in February. On her transplant day, she requested that we all wear mismatched clothes in honor of how God brings all kinds of people and things together to do their jobs. Our family went all out and wore all kinds of goofy, mismatched clothes.

3. I never leave home without: Cell phone.

4. Your favorite motto: God is more interested in my character than my comfort.

5. What makes you happy? Having my family together and enjoying each other, seeing my friends and family happy and healthy.

6. What makes you feel confident?

Knowing that I am doing what God has called me to do and where He wants me to be.

7. What have you accomplished that has made you proud? Seeing my children mature and grow into who they are meant to be.

8. Do you believe in New Year's resolutions? Do you have one this year? I try to live every day doing what I am called by God to do.

9. If you could do or be anything you want, what would it be? I have been very blessed to be able to do what I enjoy. I taught art for 14 years to kids and now use my horticulture degree and my training in art to play at my job every day.

10. If you knew then what you know now, what would you have done differently? I would have spent more time enjoying my mom and just spending time with her had I known that



Sharon in her store, Chicken Shed Primitives, in Huxley.

Contributed photo



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Faceted Woman continued from page 19

she would pass away so soon. She was always there for us and helping us, but I was too busy to just have fun with her.

11. My idea of a nightmare job:

Assembly line, doing the same thing every day all day.

12. My simplest pleasure: Flowers and flower arranging.

13. When I am an old lady:

My kids say that I am an old lady already!

14. I am thankful for:

My wonderful husband, Leroy, of 33 years, who has never said "you can't do that" when I tell him my hopes and dreams or come up with a new project.

15. Favorite wardrobe staple: Jeans.

16. How do you give back to your community? I

volunteer at my church for lots of major community events, mentor junior high and high school kids.

17. What kind of chocolate do you like/prefer? If you want to, describe how you enjoy chocolate. I love Dove milk chocolates, mocha lattes and chocolate ice cream with peanut butter in it.



Contributed photo

Sharon's daughter, Emily Harmsen, drives the Chicken Shed float entry in the Huxley Prairie Fest while Sharon, Mara Dickens and Rebecca Casiato throw candy.



Contributed photo

Sharon with her great-niece, Olivia.

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Mike and Nikki Whitmer's bathroom had seen better days. "We have been here a long time and it hadn't been touched," recalled Nikki. But retirement has finally afforded them the time to make some much needed changes to their home.

"I was so tired of the old bathroom," said Nikki. With one call to Ames Contracting Team, the Whitmer family began the process of freshening up a tired space and creating a room they could be proud of.

A basement remodel Geisinger Construction did for the family several years ago left a positive impression on the couple. They recalled the unique ideas the contractor shared and the ways in which he helped them improve upon their own ideas. "We talked to other people," the Whitmers explained "but Oren (Geisinger) was always there in the back of our minds. We knew he would do it right." The ability to access the expertise of all members of the team during their bathroom remodel, made this experience even more positive.

What the Whitmer bathroom needed was a complete overhaul. "They just literally gutted everything," said Nikki.

Benjamin Franklin Plumbing played an integral role in the project which included adding a new tub and vanity. "I cannot tell you how wonderful Tim (Gibbs) was. He did above and beyond what he needed to do for my bathroom. If I saw him I would thank him over and over again. Everything looks perfect and they were so easy to work with."

Thompson Electric stepped in to add new lighting and a fan to the room. "Thompson was good," Nikki praised. "I really liked their ideas."

Flooring proved to be the most overwhelming decision for the Whitmers. "I have never done anything from scratch before," explained Nikki. "When you go in and look at things you are just never sure." With the help of Flooring Gallery, the couple found exactly what they were looking for. "The flooring is just perfect," Nikki noted.

The new bathroom has made a big impact on her. "It's overwhelming when you look at it. You just enjoy," she said. It is a room she shows off with pride. "It's clean and warm. I don't mind people using my bathroom now. Everyone comes out and says 'Your bathroom

looks so nice!'"

Nikki Whitmer gives all the credit to Ames Contracting Team. "It was an easy contracting situation for me, especially since I had no idea where I wanted to begin or what I wanted it to look like," explained Nikki. "I am so pleased with what everyone did. It is just outstanding!"



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BY MARY HALSTRUM, Facets Editor



This month's theme is family. In my life, family is the one thing I hold most near and dear to my heart. Recently, my family came together to share in a special day.

My older daughter's first communion was at the end of April, a monumental event in her young life. Nearly our entire family made its way to the church to take part in this rite of passage. Katharine looked so beautiful in her white dress, ballet flats and veil, with her hair fixed beautifully by my mother-in-law. As my husband and I made our way up to present Katharine to Father Michael for her first Eucharist, I was completely fine until she stuck out her tiny hands to receive the bread. That's when I lost it, and it was all I could do to get my hands up to receive communion myself. I was just overwhelmed with love and pride at that moment. And then the realization hit me: my first baby is growing up and there's nothing I can do to stop it.

When you first have kids, everyone says, "Enjoy it. They're only little for a little while." Well, they aren't kidding. I have already noticed that Katharine doesn't initiate hugs and kisses with me like she used to when she was younger. Frankly, she doesn't "need" me as much as she used to. I guess that's normal, but a little hard for me to accept sometimes. I remember when she was a "mommy's girl," but that kind of began to change around the time of her fifth birthday. Now she seems to be more of a "daddy's girl," and occasionally that makes me sad. I know children go in and out of "favoring" or "taking after" one parent or the other. I get it. I accept it, but sometimes I wax poetic about those times and wish they could've lasted a little longer. My younger daughter, Rachel, starts preschool this fall, so I'm thinking, "here we go again."

When you become a parent, nobody hands you a book that tells you what to do when your babies aren't babies anymore.

Don't get me wrong; I admire that Katharine has grown into a strong-willed, stubborn young girl excelling at school, horseback riding and art. And Rachel isn't far behind, exerting her will and becoming her own little person. I know babies can't stay babies forever. They grow up, unfortunately just a little too fast for me.

The good thing is that hanging out with family is still Katharine's favorite thing to do. Hopefully that will last a good, long time, at least until she's 18. And maybe by then I'll be OK with letting her go, at least a little OK with it. Then again, maybe I won't. Time will tell. I just hope both of my girls realize that no matter who they become or where they go in life, their family is always just a phone call, an e-mail, a car ride or a plane flight away, because you're never too old to "need" your loved ones.

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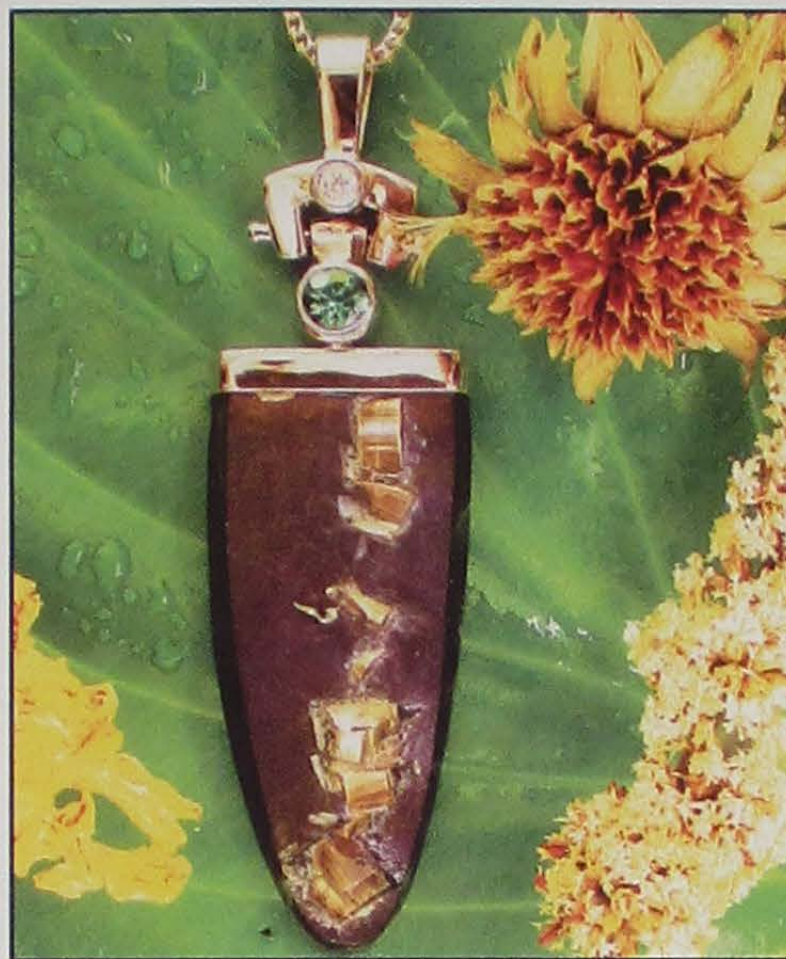
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9:00 a.m.–1:00 p.m.

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